

## Our Women and Children

Conducted by Lucille Skaggs Edwards.

### "THE BETTER WAY"

We ran across a beautiful little poem the other day which we think so good that we want to pass it on to our readers. It is entitled "The Better Way." We do not know who the author is, but here is the poem; read it and act upon its suggestions, you will be better and happier for doing so and so will those with whom you come in contact.

"Talk hope! The world is sad enough  
Without our uttered doubts and fears;  
A little world of hope let fall  
Will scatter hope for future years.

Talk faith and let all unbelief  
Before your faithfulness depart;  
The shining radiance of your trust  
May cheer a comrade's fainting heart.

Talk purity! We've heard enough  
Of woman's shame and man's disgrace  
In every soul tho' thick sin's crust,  
Of love divine we find a trace.

Talk of charity! For you and I  
Have sins enough and some to spare;  
Tho' others err, we cannot know,  
How much they do and dare.

Talk of love, for love it is, you know,  
Which makes the universe revolve;  
And many things that puzzle us  
This simple rule of love would solve.

Talk Christ! And tell His wondrous  
love

For saint and sinner, friend and foe;  
His life taught mercy for us all  
In this dark vale of sin below."

### SOME RECIPES FOR MACARONI AND SPAGHETTI IMPORTANT

Always put macaroni into boiling salted water to cook it, and keep the water boiling.

Always blanch macaroni by draining off the hot water and pouring cold water over it to keep it from sticking together and to retain its shape; it can then be reheated.

The hot water drained off may be used in soups and sauces and thus retain all the nutriment.

The blanched macaroni can then be combined with many other foods, in many different ways. The following recipes will tell you how.

#### Skinner's Macaroni a l'italienne

Put two pounds of beef, well larded with strips of salt pork, two chopped onions and one clove of garlic in a covered kettle on the back part of the stove; let it cook slowly until it throws out its juices and is a rich brown; add a quart of tomatoes seasoned with pepper and salt, and allow the mixture to simmer for about two hours. Break the quantity of macaroni desired into boiling water and boil about ten or twelve minutes until tender, drain and blanch. Put a layer of the boiled macaroni in a pudding dish, cover with some of the above mixture, then a layer of grated cheese, and so on in layers until the dish is filled; place in the oven and bake half an hour. Serve around the meat, placed in center of platter.

#### Skinner's Macaroni and Ham

Break a half package of Skinner's macaroni into boiling water, boil ten to twelve minutes, drain and blanch. Put in a buttered pudding dish boiled macaroni in layers with minced ham,

seasoned with mustard and minced onion; beat one egg, add a cupful of milk or cream and pour over the macaroni and ham; season with salt and pepper to taste and bake in a hot oven oven ten minutes.

#### Macaroni a la Skinner

According to the number to be served, procure a three to five-pound round of beef with fat on it. With the point of a knife prod three or four holes in the meat and insert in each a half clove of garlic—not half a head, half a clove—and a liberal pinch of salt and pepper. Heat a frying pan, grease lightly with some of the fat, put in the meat and sear until brown on both sides. Peel and slice a cup of onion for each pound of beef. Heat more beef fat in frying pan and brown onions. Put meat, onions and a pint of tomato into a stew pan, cover and allow to simmer slowly for four hours. Remove meat and strain gravy through a sieve or colander. Cook half a package of Skinner's macaroni in boiling salted water, drain, blanch, reheat, put in a heated dish and cover with the strained sauce. Serve with slices of the meat, which is excellent either hot or cold.

### FASHION NOTES FRESH FROM PARIS

Long coated suits seem to have the lead over short coated suits for this season.

Whole costumes of fur have been received in New York from Paris, but they do not seem to arouse any enthusiasm among the fashionables.

Bulloz, Moyer, Age and Drecoll, famous Parisian costumers, are all showing cape coats.

Collars are coming in high chin or stock collars; enormous collars rising high and turning down deeply; big soft draped collars; cape collars of every description; most of fur, some only fur bordered, and some without fur at all.

Beige, other light brown and gray tints, taupe, African brown, Russian green, prunelle, burgandy, dark blues and some erds, were the colors of the latest French suits to reach New York.

Paquin, of Paris, has a frock with pockets separate from the skirt and rising from waist band by two soft straps. It is of the same material as the frock.

Very straight lines to suits and frocks appear to be the order. Of course, some cannot look well in them and a sufficient compromise can be made to suit individual taste and needs.

Fur is being used for capes, hats, belts and bags.

Melon and barrel shaped muffs are the favorites. No attention is being paid to the odd shapes put out by French milliners.

### LITERARY COLUMN

Fall is here and winter is coming. Many nights will be taken up with varied amusements by our people, but we suggest that some of the nights

at home be spent in reading the latest works in fiction and general literature. Lists of good books will appear in our columns frequently, any one of which may be obtained at the public library. Once a month the leading articles bearing upon race subjects will be reviewed from all magazines. Read more, think more, grow more.

In the Yale Review for October, Chapman writes on The Bigelow Papers After Fifty Years. In view of the effect which Lowell's writings had upon the slavery question, the article is well worth reading.

The Crisis proposes a separate Negro political party in the October issue.

Professor Oliveria Lima, of the Brazilian Academy, in the Revista de Brazil, says: "Pan-Americanism, to us, seems a mockery and impossible of realization. There is no racial, linguistic, traditional, or religious community between 'Anglo-Saxon America' and Latin America."

Scribner's issues, "The Passing of the Great Race," by Madison Grant. It deals with a study of the decline of ethnic Europe under the present war.

"What Our Country is Doing for Santo Domingo, Nicaragua, and Haiti," is a timely, intensely interest-

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